



**\*\*\*TRAVEL CORNER\*\*\***

**Breakfast for Lunch is held every Monday**

No Reservations Required

Serving 10:30am TO 12:30pm

**BRING A FRIEND!**

**February Dates**

2nd, 9th, 16th, 23rd- CHOWbus Market 11-12

2nd - STAR Tax 12:15pm

3rd - Chorus Resumes

3rd - Social Club 1pm

4th - Executive Board 9:30am

4th - Dancercise Begins 9:45am

4th - AOP Cooking Demo 12:15pm

8th - Belgium Waffles for Breakfast 10:30am

10th - Legal Aid (by appointment) 9am

10th - Blood Pressure 10am

12th - Valentine's Day Luncheon w/Wayne Beddoe 11:45

15th - Center Closed

16th - Tai Chi for Arthritis Begins 1pm

17th - Presidential Luncheon w/Sam Goodyear

"The Man From Massachusetts" 11:45am

18th - Philly Cheese Steak Day 11:30am

24th - STAR Tax 12:15pm

24th - Evening Meal 5pm Entertainment TBD

**SPECIAL BREAKFAST FOR LUNCH!!**

**February 8th- Belgium Waffles w/Strawberries and Whipped Cream**



**February 18th- Philly Cheese Steak**

**NO RESERVATIONS REQUIRED**

Served w/Mashed Potatoes and Gravy,  
Green Beans and Chocolate Cream Pie!



2016 Trip Schedule is now available. Stop by the center or call 203-1179 to check out the trips before they are full!

March 16th-17th: Sight and Sound Theatre

Lancaster, Pa-includes overnight accommodations at Holiday Inn w/breakfast, New show "Samson", dinner at Miller's, stop at Shady Maple- \$200



**Swim & Water Aerobics Class has EXPANDED To Mondays and Thursdays**

**Same time, Same Location**

For First Ward Members Only!

Looking for a fun, new way to get fit? Try



**A fun, low-impact, low-aerobic workout set to great music!**

Thursdays at 9:45am starting February 4th  
\$5 per class

**ALSO NEW IN FEBRUARY!**



**Tai Chi for Arthritis:**

Tuesday and Thursday starting February 16th and lasting 8 weeks.

Tai Chi will help you reduce stress, increase balance and flexibility, feel relaxed and improve overall mind, body and spirit.

Studies confirm that Tai Chi relieves pain, reduces falls and improves quality of life.

Register today at the First Ward Senior Center by calling or stopping by reception.